



Monroe County Health Department Press Release
Phone: 270-487-6782
Topic: COVID-19 GUIDANCE FOR COMMUNITY
FOR IMMEDIATE RELEASE
4/29/2020

COVID-19 UPDATES AND GUIDANCE FOR THE COMMUNITY

The Monroe County Health Department is investigating its fifth confirmed case of COVID-19 in Monroe County. Three of Monroe County's confirmed cases have recovered. Health officials are working closely with the Kentucky Department for Public Health (KDPH) to trace the recent history of the patient in an effort to identify and contact all those who may have been exposed to the virus. These individuals will be advised to monitor for fever and respiratory symptoms. In order to slow the spread of COVID-19, we must continue to follow the recommendations provided by the Centers for Disease Control and Prevention, the Kentucky Department for Public Health, and Governor Andy Beshear. Practicing social distancing is one of the most important methods for staying healthy. We urge Monroe County residents to continue to remain healthy at home, and leave only for needed healthcare or to obtain essential items such as groceries and medications.

The health department reminds citizens to follow #TeamKentucky's 10 Steps to Fight Covid-19:

1. **Stay Healthy at Home:** leave only for essential items such as groceries, once a week
2. **Avoid Crowds and Gatherings:** avoid crowds of any size, including home visits, recreational areas or crowded shopping.
3. **Practice Social Distancing:** maintain 6 feet between you and others at all times.
4. **Know When to Seek Care:** follow the "When to Seek Care" guidelines available at kycovid19.ky.gov
5. **KYCOVID19.KY.GOV:** stay up-do-date through reliable sources such as kycovid19.ky.gov
6. **Wash Hands & Surfaces:** use soap and warm water and wash hands for 20-seconds. Frequently disinfect regularly used surfaces.
7. **Apply for Benefits:** Kentucky has expanded unemployment benefits. If you have not applied, visit KCC.KY.GOV
8. **Prioritize Mental Health:** seek out virtual social opportunities and maintain a routine. Other practices can be found at kycovid19.ky.gov
9. **Do Not Travel:** the safest place for you and others is at home. Do not travel by car or plane.
10. **Report Non-Compliance:** if you see individuals or businesses not complying with COVID-19 guidelines, report to the KYSAFER hotline at 1-833-KYSAFER (1-833-597-2337). Or report online at <https://secure.kentucky.gov/formservices/Labor/KYSAFER>

For up-to-date information, visit KYCOVID19.ky.gov and www.cdc.gov/coronavirus. Kentuckians can also call the COVID-19 hotline at 1-800-722-5725.